RP 3B

Mooring Lines Recovery Chart

You have learned new behaviors that keep you in recovery. These behaviors are the mooring lines that keep your recovery steady and in place. It is important to chart the new behaviors and check every week to make sure the lines are secure. Dropping one or more of the mooring lines allows you to drift toward relapse.

Use the chart below to list activities that are important to your continuing recovery. If there are specific people or things you need to avoid, list those. Check your list each week to make sure you are continuing to stay anchored in your recovery.



Mooring Line Behaviors	Date	Date	Date	Date	Date
I Am Avoiding	Data	Data	Data	Data	Data
I Am Avoiding	Date	Date	Date	Date	Date